

In the Claims:

1 1. (Currently Amended) A training golf club for developing the swing used for
2 drivers and irons, comprising:

3 a training club selected from the group of golf clubs consisting of drivers and
4 irons, wherein said training club includes:

5 a flexible hollow shaft,

6 a first weight including a compact distribution of a plurality of disconnected
7 particles secured internally within the shaft between a head end of the shaft where the
8 shaft attaches to a club head and a grip end of the shaft where a training club grip attaches
9 to the ~~shaft~~ shaft,

10 a second weight secured internally within the shaft at the head end of the shaft,

11 a club head attached to the head end of the shaft by a hosel provided on the club
12 head, and

13 a training club grip secured to an upper end of the shaft.

1 2. (Currently Amended) A training golf club according to Claim 1 further
2 comprising:

3 a first lower plug and a second upper plug for compactly securing said particles
4 ~~said first weight secured within the shaft between a first lower plug and a second upper~~
5 ~~plug.~~

1 3. (Original) A training golf club according to Claim 2 wherein the first lower
2 plug is an EPDM tapered plug and the second upper plug is a silicon gel plug.

1 4. (Original) A training golf club according to Claim 2 wherein the first weight
2 extends from approximately 4 inches above the hosel to approximately 2 inches below a bottom
3 of the training club grip.

1 5. (Original) A training golf club according to Claim 2 wherein the first weight is
2 between approximately 4 and 6 ounces in weight.

1 6. (Currently Amended) A training golf club according to Claim 2 wherein said
2 particles are ~~the first weight consists of~~ #9 buckshot.

1 7. (Currently Amended) A training golf club according to Claim 2 ~~further~~
2 ~~comprising: wherein~~ said second weight is secured within the shaft so that said second weight is
3 flush with the head end of the shaft.

1 8. (Original) A training golf club according to Claim 2 wherein the second weight is
2 approximately 7.5 grams in weight.

1 9. (Original) A training golf club according to Claim 2 wherein the second weight is
2 a brass insert.